

SMOOTHIES 20 ounces

REFUEL & RECOVER

Unique blends for recovery

20g vanilla whey protein added

STRAWBERRY SLAM 9

strawberries / banana

JAVA JOLT 8

choice of milk / colombian coffee / dark & milk chocolate

BERRY, BERRY GOOD 9

strawberries / blueberries / blackberries / raspberries / banana

MANGO CRUSHER 9

mangoes / pineapple / strawberries / banana

HAWAIIAN HARVEST 9

pineapple / coconut / banana

MEAL REPLACEMENT

A low glycemic meal-in-a-cup

PEANUT BUTTER CUP (OR LITE) 8

choice of milk / chocolate & peanut butter (pb lite), 40g (20g) chocolate whey protein

BANANA NUT BLAST 10

choice of milk / peanut butter / banana / 40g vanilla whey protein

REFUEL & RECOVER

Refuel and detox

I LOVE VEGGIES 9

pineapple / spinach / kale / avocado / lemon / banana / 20g vanilla whey protein

COFFEE

COFFEE.....2.35	CAFE AMERICANO...3
DECAF.....2.35	CAFE MOCHA.....4
COFFEE w/milk...2.35	FRENCH VANILLA...4
ESPRESSO.....2	CAFE VANILLA.....4
CAPPUCCINO.....4	HOT CHOCOLATE...4

CÔSTE

ISLAND CUISINE

EGGS & MORE

served with breakfast potatoes or fresh fruit

CLASSIC	two eggs any style / bacon or sausage / toast	12
BREAKFAST SANDWICH	croissant / sausage / fried egg / american cheese	11
CROQUE -MADAME	sunny side up egg / pork belly / swiss cheese / avocado crème fraiche / tomato / texas toast	13
CÔSTE BENEDICT	choice of grilled salmon, crab cake, or braised short rib / 2 poached eggs / english muffin / choron sauce	15
FILET & EGGS	2 eggs any style / 4 oz filet / grilled asparagus / hollandaise / toast	22
EGG WHITE FRITTATA	egg whites / asparagus / cremini mushrooms / arugula / cherry tomato / corn salsa / parmesan / toast	13
BUILD YOUR OWN OMELET	3 eggs / toast / <i>choice of 3 items:</i> bell peppers, onion, tomato, mushrooms, spinach, ham, bacon, sausage, cheddar, pepper jack, swiss, provolone, american, <i>additional items +1</i>	12

FROM THE GRIDDLE

served with bacon or sausage

BLUEBERRY STUFFED FRENCH TOAST	blueberry cream cheese / texas toast / cinnamon sugar / maple syrup	12
BUTTERMILK PANCAKES	full stack / soft butter / maple syrup / <i>add:</i> blueberries or chocolate chips	12
BELGIAN WAFFLES	powdered sugar / soft butter / maple syrup / <i>add:</i> blueberries or chocolate chips	12

À la carte

BACON 5 / SAUSAGE LINKS 5 / BREAKFAST POTATOES 4 / 2 EGGS ANY STYLE 4 / FRESH FRUIT BOWL 7 / PARFAIT 8 / SAUSAGE GRAVY 5 / BISCUIT 4 / CEREAL 3 / BAGEL WITH CREAM CHEESE 4 (plain or everything) / TOAST 3 (white, wheat, or rye) / ENGLISH MUFFIN 3 / OATMEAL 7 (oats / brown sugar / raisins / candied pecans)
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Drinks

HOT TEA 2.50 / MILK 2.50 / SODA 2.25 / FRESH SQUEEZED ORANGE JUICE 3.25 / JUICE 2.25 (v-8, tomato, grapefruit, apple, cranberry or pineapple)
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